


# HARFORD COUNTY SENIOR CENTERS

## LUNCH MENU - DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAL RESERVATION PROCESS:</b> To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. <b>TWO (2)</b> working days in advance. To order a meal designated as a "Special Lunch" (SL) (December 1, 8, 15, 22, & 29), you must sign up no later than 10:00 a.m. <b>FIVE (5)</b> working days in advance. If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk. <b><i>Vegetarian lunch option is available; Please see the front desk for details and to sign up.</i></b>  Lunch is served at 12:00 p.m. in the dining room and includes an 8 oz. carton of milk. Lunch cost: Age 60 and over: <b>\$3.00</b> is the suggested donation. Under Age 60: There is a <b>\$5.00</b> charge for lunch.			<b>1. (SL) Sign up by 11/28</b> <b>CHEESE MANICOTTI</b> Dilled Carrots White Wheat Dinner Roll Cinnamon Apples Grape Juice	<b>2.</b> <b>ROAST PORK LOIN w/Gravy</b> Italian Tomato Basil Salad Seasoned Kale Au Gratin Potatoes Whole Grain Dinner Roll Sliced Apple Pack Milk
<b>5.</b> <b>CHICKEN FAJITAS</b> Whole Grain Tortilla Mexican Rice Sour Cream & Salsa Diced Peaches Pineapple Juice Milk	<b>6.</b> <b>SLICED TURKEY w/Gravy</b> Mashed Potatoes Tropical Beets Corn & Pea Salad White Wheat Bread Tropical Fruit Milk	<b>7.</b> <b>WHOLE GRAIN PASTA w/Meat Sauce</b> Mixed Vegetables White Wheat Bread Cinnamon Apples Apple Juice Milk	<b>8. (SL) Sign up by 12/1</b> <b>BAKED PORK CHOP w/Marsala</b> Scalloped Potatoes Peas & Pearl Onions White Wheat Bread Mandarin Oranges Cherry Crisp Milk	<b>9.</b> <b>MEATLOAF w/Mushroom Gravy</b> Garlic Mashed Potatoes Peas & Pearl Onions White Wheat Bread Cinnamon Apples Fruit Punch Milk
<b>12.</b> <b>BBQ PORK LOIN</b> Whole Grain Sandwich Bun Baked Beans Fresh Cole Slaw Pineapple Tidbits Orange Juice Milk	<b>13.</b> <b>CHICKEN POPPY SEED CASSEROLE</b> White/Wild Rice Blend Seasoned Wax Beans White Wheat Bread Diced Peaches Cranberry Juice Milk	<b>14.</b> <b>BLACK BEAN SOUP &amp; CLASSIC BEEF TACO</b> Whole Wheat Tortilla Southwest Cabbage Mexican Rice & Corn Salad Lettuce & Salsa Sour Cream & Cheese Milk	<b>15. (SL) Sign up by 12/8</b> <b>BAKED SALMON w/Lemon</b> White Wine Demi-Glaze Roasted Med. Vegetables White Wheat Dinner Roll Hot Cinnamon Apples Cranberry Juice Milk	<b>16.</b> <b>STAFF MEETING</b> <b>ALL CENTERS CLOSED</b>
<b>19.</b> <b>CHICKEN BREAST COQ AU VIN</b> Whole Grain Brown Rice Mixed Vegetables White Wheat Bread Sliced Apple Pack Grape Juice Milk	<b>20.</b> <b>ROAST PORK LOIN w/Sweet Onion Gravy</b> Sauerkraut White Wheat Bread Fruit Cocktail Fruit Punch Milk	<b>21.</b> <b>SALISBURY STEAK w/Gravy</b> Parslied Mashed Potatoes Harvard Beets White Wheat Bread Amish Navy Bean Salad Grape Juice Milk	<b>21. (SL) Sign up by 12/15</b> <b>BRATWURST IN BEER</b> Sauerkraut Whole Grain Club Roll Peach Crisp Fruit Juice Milk	<b>23.</b> <b>PINEAPPLE HAM</b> Au Gratin Potatoes Braised Cabbage Greek Style Salad w/Feta Cheese White Wheat Bread Fruit Punch Chocolate Milk
<b>26.</b> 	<b>27.</b> <b>BBQ PORK RIBLET</b> Yellow Rice Pilaf Seasoned Peas & Carrots Cucumber & Onion Salad White Wheat Bread Cranberry Juice Milk	<b>28.</b> <b>POT ROAST OF BEEF w/Burgundy Gravy</b> Seasoned Greens White Wheat Bread Mandarin Oranges Apple Juice Milk	<b>29. (SL) Sign up by 12/22</b> <b>ROAST PORK LOIN w/Gravy</b> Mashed Potatoes Sauerkraut Green Beans Whole Grain Dinner Roll Fresh Diced Fruit Milk	<b>30.</b> <b>TURKEY ALA KING</b> Seasoned Brown Rice Dilled Carrots Fresh Broccoli Slaw White Wheat Bread Orange Juice Milk



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